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To stay hydrated aim to drink six to eight glasses of water each day, which is around 1.5 to 2 litres. Use this chart to keep track of your intake by marking off when you have a drink.

Day 1								Day 16								
Day 2								Day 17								
Day 3								Day 18								
Day 4								Day 19								
Day 5								Day 20								
Day 6								Day 21								
Day 7								Day 22								
Day 8								Day 23								
Day 9								Day 24								
Day 10								Day 25								
Day 11								Day 26								
Day 12								Day 27								
Day 13								Day 28								
Day 14								Day 29								
Day 15								Day 30								

Quick tips

to help it stick

1

Ditch the sugary and artificially sweetened drinks.

2

Fill up a reusable water bottle in the morning and keep it nearby throughout the day.

3

Try popping a slice of fruit like lemon, orange or cucumber into your water to add extra flavour.